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ARMY REGULATION
No. 600-9

HEADQUARTERS
DEPARTMENT OF THE ARMY
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PERSONNEL-GENERAL
ARMY PHYSICAL FITNESS PROGRAM

Effective 1 July 1974

This revision reflects proponent changes as a result of the recent reorganization of the US Army. If supplements are issued, Army staff agencies and major Army commands will furnish one copy of each supplement to HQDA (DAMO-ODU) WASH DC 20310; other commands will furnish one copy of each to the next higher headquarters.

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Section I. GENERAL

1. General. Physical fitness is essential for accomplishing the Army's mission. It may be achieved only through a proper combination of correct dietary habits, sufficient rest, and regular and vigorous physical exercise.

2. Purpose. This regulation presents the objectives, assigns responsibilities, and prescribes training policies pertaining to the conduct of the US Army's physical fitness program, and establishes minimum physical fitness standards for all US Army personnel. (Related references are listed in the app.)

3. Objectives. The objectives of the physical fitness program are to develop male and female Army personnel who are physically capable of performing their duties and to aid in the continuance of good health and physical fitness through exercise.

4. Special emphasis term: Physical fitness. Physical fitness signifies a healthy body, the capacity for skillful and sustained performance, the ability to recover rapidly from exertion, the desire to complete a designated task, and the confidence to face any eventuality.

Section II. RESPONSIBILITIES

★5. Headquarters, Department of the Army.
a. Deputy Chief of Staff for Military Operations exercises Army Staff responsibility for physical fitness training.

b. Deputy Chief of Staff for Personnel exercises Army Staff responsibility for individual training conducted in Army training centers and service schools.

c. The Surgeon General is responsible for evaluating medical aspects of the Army Physical Fitness Program.

6. Major commands. *a.* US Army Training and Doctrine Command. The Commanding General, US Army Training and Doctrine Command (TRADOC) will--

(1) Provide students in leadership-type courses, both resident and nonresident, with instruction pertinent to the planning and administration of physical fitness programs.

(2) Prepare and approve training programs, applicatory literature, and training aids required to support this program.

*This regulation supersedes AR 600 9, 12 November 1971.

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b. US Army Forces Command. The Commanding General, US Army Forces Command will—

(1) Direct Army field commanders in CONUS to—

(a) Familiarize the members of their commands with the benefits of physical exercise.

(b) Conduct physical fitness programs commensurate with the level of physical fitness required by their units and insure effective participation by all eligible personnel.

(2) Prescribe physical fitness training programs for CONUS based Army Reserve component units.

c. Major Army commands overseas. The commanding generals of major Army commands overseas will—

(1) Direct Army field commanders of their commands to—

(a) Familiarize the members of their commands with the benefits of physical exercise.

(b) Conduct physical fitness programs commensurate with the level of physical fitness required by their units and insure effective participation by all eligible personnel.

(2) Prescribe physical fitness programs for Army Reserve component units stationed within their area of responsibility.

7. Individual. All Army personnel will achieve

and maintain a physical fitness standard that will permit the effective performance of their assigned duties in a combat environment, to include development of necessary strength, endurance, agility, and coordination.

a. Military personnel under 40 years of age are responsible for achieving and maintaining a state of physical fitness that will enable them to meet minimum physical fitness test standards prescribed in paragraph 11.

b. All military personnel 40 years of age and over are responsible for maintaining a level of physical conditioning that will enable them to perform their current duties and prepare them to perform more rigorous duties, if required.

8. Dependent youth program. There is a continued need for national concern in the development and maintenance of physical fitness of the Nation's youth. The President's Council for Physical Fitness and Sports continues to emphasize the physical fitness contribution of the Nation's schools to school-age youth. The Department of the Army will continue to support and actively participate in the President's Council School Youth Physical Fitness Program. Commanders should, when feasible, support physical education programs for dependent youth with proper emphasis upon the development of physical fitness.

Section III. TRAINING

9. Participation. *a. All individuals in the Active Army, either as part of a unit or individually, will follow an appropriate physical fitness program on a year-round basis.*

b. Personnel will be excused from participation in physical fitness training for illness, injury, or physical incapacity during the period of temporary or permanent disability as established by an assigned profile under AR 40-501.

c. Personnel within 90 days of expiration of their terms of service are excused from physical fitness tests.

d. Personnel 40 years of age or over may elect but are not required to take the minimum physical fitness test.

10. Physical fitness programs. Exercise and physical fitness programs are divided into categories and administered as prescribed below.

a. Basic, advanced individual, and student training.

(1) Basic trainees will follow fitness programs outlined in ATP 21-114 or ATP 21-121, as applicable.

(2) Trainees undergoing advanced individual training will follow physical fitness programs

outlined in ASubjSed 21-37 for male personnel and ASubjSed 35-1 for female personnel.

(3) Students in schools under the command of CG TRADOC will follow physical conditioning programs prescribed by TRADOC.

b. Unit training.

(1) *TOE units of the Active Army.* Appropriate ATP and FMs 21-20 and 35-20 provide guidance for the conduct of male and female physical fitness programs. The duration and the frequency of the training described in these publications are to be considered as an example only and are not binding upon commanders.

(2) *TD units of the Active Army.* FM 21-20 and FM 35-20 provide guidance for the conduct of group physical fitness programs. If individual duty assignment of certain personnel prevents participation in a group program, such personnel should follow an individual physical conditioning program as specified in c(1) below.

c. Individual physical conditioning.

(1) All military personnel regardless of age, not included in *a* and *b* above, and those personnel denied access to a group program should follow individual programs as outlined in appropriate

Department of the Army physical fitness pamphlets for men and women (DA PAMs 21-1 and 21-2).

(2) Normally it is medically feasible and desirable for personnel 40 years of age and over to exercise regularly. However, to insure their safe participation in an exercise program, it must be determined that there are no limiting physical defects which may be aggravated by such exercise. The individual's most recent annual medical examination, in most cases, may be used for this purpose. In cases where uncertainty exists that the individual is medically fit to begin or to continue an exercise program, a special medical determination should be made.

(3) In cases where an individual is overweight (AR 632-1) or has a limiting physical profile, a physical fitness program designed to meet his or her specific needs should be established.

d. Sports and recreational service programs. Consistent with the unit mission and when feasible, commanders should implement the provisions of AR 28-1 as a means of supplementing their physical fitness programs.

11. Test and standards. Physical fitness test scores serve as an indicator of individual and unit physical fitness and as an aid in the evaluation of the effectiveness of fitness programs. When tests are used, the test appropriate to the duty assignment or qualification desired should be administered as outlined in FM 21-20 for men and FM 35-20 for women. DA Form 705 (Army Physical Fitness Evaluation Scorecard) may be used to record the results.

a. Physical fitness evaluation of personnel undergoing individual training.

(1) Male trainees in basic combat training (MBT) and modified basic training (MBT) will be tested twice, and trainees in advanced individual training (AIT) and in combat support training (CST) will be tested twice in programs 6 weeks or longer in length and once in programs of lesser duration. The minimum standard for BCT, MBT, AIT, and CST personnel is to attain or exceed a total score of 300 points with participation in and completion of all test events. In addition, AIT and CST trainees are to attain or exceed 60 points on each test event.

(2) Women's Army Corps (WAC) basic trainees will be tested twice during basic training. Trainees in AIT and CS will be tested twice. The minimum standard is participation in and completion of all test events, plus a total score of 420 points out of a possible 700 in BT testing or a total

of 300 points out of a possible 500 in AIT/CS testing.

(3) All students in branch service schools will be tested once during leadership-type courses of instruction which are 8 weeks or longer in duration and in specialist courses which are 20 weeks or longer in duration. The minimum standard is to attain or exceed a total score of 300 points with participation in and completion of all test events.

(4) All male personnel, regardless of age, who desire to qualify for acceptance to Ranger or Special Forces training will be tested on the appropriate test as specified in FM 21-20. All personnel, regardless of age, who desire to qualify for acceptance to Airborne training will be tested on the appropriate test as specified in FM 21-20 or FM 35-20.

b. Physical fitness evaluation of unit personnel.

(1) Commander of TOE and TDA units will determine the use and frequency of physical fitness tests within their units. When tests are administered, it is recommended that they occur semi-annually and that approximately 6 months elapse between tests.

(2) Active Army male personnel under 40 years of age who are in combat and combat support units should achieve or exceed the minimum standard score of 60 points on each test event with a total score of 300 or more points.

(3) Active Army male personnel under 40 years of age who are in combat service support and TDA units should attain or exceed the minimum standard total of 300 or more points with participation in and completion of all test events.

(4) The Army minimum physical fitness test—female, should be administered to all unit assigned female personnel under 40 years of age. The minimum standard is to attain or exceed the minimum of repetitions specified for their age group within the time limit established and outlined in the reference publication.

★(5) The prescription of physical fitness tests and standards for Army Reserve Component units in CONUS will be in accordance with guidance established by CG TRADOC, and for Army Reserve component units outside CONUS in accordance with guidance established by major Army commands overseas.

(6) In addition to unit commanders evaluating the physical fitness of their commands through testing, major commanders may determine the effectiveness of fitness programs during inspections by command inspectors general. A random sample of individuals in the organization being inspected may be tested to make a determination.

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c. Corrective action.

★(1) Trainees in BCT, MBT, AIT, CST, and WAC basic training who fail to attain the minimum standards on the appropriate physical fitness test will receive intensive remedial training and be retested prior to the completion of the training cycle. Individuals who attain the minimum passing score will be graduated with their training cycles. Those individuals who fail to achieve the minimum passing score when retested

will be recycled or assigned to a special training company, as appropriate. Waivers may be granted as authorized by CG TRADOC.

(2) Unit commanders should consider the development of special conditioning programs from those personnel who fail to attain the minimum standards on the appropriate physical fitness tests. Personnel action or medical reclassification may be appropriate in those cases where individuals continually demonstrate a physical ineptness.

APPENDIX

REFERENCES

AR 28-1	Army Recreation Services.
AR 28-5	The Presidential Sports Awards Program.
AR 40-501	Standards of Medical Fitness.
AR 350-1	Army Training.
AR 632-1	Weight Control.
FM 21-20	Physical Readiness Training.
FM 35-20	Physical Training. Women's Army Corps.
DA PAM 21-1	Physical Fitness Program for Staff and Specialist Personnel.
DA PAM 21-2	Physical Fitness Program for Women in the Army.
DA PAM 28-9	Unit Level Recreational Sports.
ATP 21-114	Male Military Personnel without Prior Service.
ATP 21-121	Basic Training Program for Female Military Personnel.
ASubjSed 21-37	Physical Readiness Training.
ASubjSed 35-1	Physical Readiness Training for Women BT/AIT/CS.
DA Form 705	Army Physical Fitness Evaluation Scorecard.

The proponent agency of this regulation is the Office of the Deputy Chief of Staff for Military Operations. Users are invited to send comments and suggested improvements on DA Form 2028 (Recommended Changes to Publications) through channels to HQDA (DAMO-ODU) WASH DC 20310.

By Order of the Secretary of the Army:

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